

DECEMBER 2015

City of Monterey Park
LANGLEY SENIOR RECREATION CENTER
400 W. Emerson Avenue
Monterey Park, California
626.307.1395

SPECIAL DATES TO REMEMBER...

DECEMBER 17 - LANGLEY HOLIDAY LUNCH
DECEMBER 20 - CLUB AMISTAD DANCE
DECEMBER 21 - COMMISSION ON AGING, 11:00 A.M.
DECEMBER 24 - CHRISTMAS EVE- CENTER CLOSED
DECEMBER 25 - CHRISTMAS - CENTER CLOSED
DECEMBER 31 - NEW YEAR'S EVE - CENTER CLOSED
JANUARY 1 - NEW YEAR'S- CENTER CLOSED



HOLIDAY LUNCH TICKETS - \$3.00
SEE FLORA
IN MAIN DINING ROOM

SENIOR CITIZEN CLUB/MEETING SCHEDULE:

CLUB AMISTAD, Wednesday, 10:00 A.M.
CLUB BELLA VISTA, Thursday, 10:30 A.M.
M.P. SENIOR CITIZEN CLUB, Friday, 11:00 A.M.
CHINESE AMERICAN SR. CLUB, 1st Saturday, 1:00 P.M.
JAPANESE AMERICAN CLUB, 3rd Saturday, 1:00 P.M.
GARDENING CLUB, 4th Monday, 1:00 P.M.
WU DANG TAI CHI CLUB, Friday, 4:00 P.M.

SEE'S CANDY HOLIDAY ORDERS
PICK-UP TUESDAY, DECEMBER 7,
BEGINNING AT 8:30 A.M.

SEE'S CANDY 1 LB. CERTIFICATES

AVAILABLE IN THE OFFICE -

MONDAY - FRIDAY 8:30 A.M. - 4:30 P.M.

\$16.00 PER CERTIFICATE

MAKE CHECKS PAYABLE TO: CITY OF MONTEREY PARK
Proceeds benefit Langley Senior Center

OPEN MONDAY - FRIDAY

8:00 A.M. - 5:00 P.M.

EXCEPT FOR FEE BASED ACTIVITIES

CLOSED SATURDAY and SUNDAY

EXCEPT FOR FEE BASED ACTIVITIES

EXERCISE AND FITNESS

TABLE TENNIS, BILLIARDS and EXERCISE EARLY MORNING and SATURDAY PLAY

Only players that have paid activity fees may participate
OR occupy the room during the posted times. Doors open
for regular play 8:00 A.M. - 4:45 P.M., Monday - Friday.

JANUARY 4 - MARCH 25

4602.301 Monday - Friday 6:00 A.M. - 8:00 A.M.
FEE: \$39.00 Seniors 50 yrs and up

JANUARY 9 - MARCH 26

4602.302 Saturday 8:00 A.M. - 12:00 Noon
FEE: \$27.00 Seniors 50 yrs and up

SENIOR FITNESS CLASSES

WINTER SESSION - JANUARY 4 - MARCH 24

Sonja Holladay, Instructor

Chair Fitness for Seniors

Aerobic movement, range of motion exercises, strength
training, performed in a seated position.

4215.301 Tues/Thurs, 1:30 P.M. - 2:30 P.M., \$69.00

4215.302 Thurs Only, 1:30 P.M. - 2:30 P.M., \$39.00

Total Fitness for Active Seniors

Heart healthy low impact aerobics, strength training
and flexibility class.

4215.303 Beg: Mon/Wed, 1:00 P.M. - 2:30 P.M. \$89.00

1 day - \$49.00; 2 days - \$89.00; 3 days - \$109.00

4215.304 Inter/Adv: Mon/Thurs, 2:45 P.M. - 4:15 P.M.

4215.305 Inter/Adv: Tuesday, 2:45 P.M. - 4:15 P.M.

4215.306 Inter/Adv: Mon/Tues/Thurs, 2:45 P.M. - 4:15 P.M.

ZUMBA Gold for Seniors, 50 years and up

Low impact, easy to follow Latin inspired dance fitness class.

JANUARY 5 - MARCH 22

4215.307 Tuesday, 12:15 P.M. - 1:15 P.M., \$59.00

CLASSES, ACTIVITIES and SERVICES

AMERICAN CULTURE - Intermediate

Explore American life and language. Paul Cheng, Instructor
Thursday 1:00 P.M. - 4:30 P.M.

BALLROOM DANCE CLASSES

Glenn Yata, Instructor, 6:30 P.M.-9:30 P.M.

Learn the basics of ballroom dance and enjoy a wonderful evening with a classic instructor that will teach you fundamentals. Fee: \$5.00 per lesson

Wednesday 7:30 P.M. Beginners class

8:30 P.M. Advanced class

Friday 6:30 P.M. Advanced class

7:30 P.M. Beginners class

BEADING CLASS

Come create one-of-a-kind designs under the direction of a talented designer. Pay for materials used.

Francis Lau, Instructor

Monday 9:00 A.M.-11:00 A.M.

BILLIARDS, TABLE TENNIS and EXERCISE ROOM

Monday - Friday, 8:00 A.M. - 4:45 P.M. Free play.

BINGO

Every Friday afternoon from 12:30 P.M. - 4:00 P.M. 1st and 3rd Friday, Bingo is conducted by Monterey Park Friends of the Seniors. 2nd and 4th Friday, conducted by Monterey Park Senior Citizen Club. 5th Friday of the month is on rotation of both groups. Must be 18 years of age play. No children are allowed. Doors open at 10:45 A.M.

SUNDAY BINGO - On the 1st, 2nd, 3rd and 5th Sunday of the month. Conducted by Monterey Park Friends of the Seniors. Door open at 10:30 A.M.

BRIDGE - Contract or Duplicate - Mondays and Thursdays, 12:30 P.M.-3:45 P.M. If you play Contract Bridge and are looking for a good group to share an afternoon of bridge with, come join us. Those who play 500 welcome new players.

BRIDGE LESSONS - Duplicate Bridge 2 Over/game force. Monday 11:00 A.M. - 12:00 noon. Learn advanced bidding techniques, major raises, inverted minors, and strong no trump openers, competitive bidding techniques and conventions.

CHINESE PAINTING II

Explore the discipline and beauty of Chinese brush painting - one of the oldest traditions in the world; \$25 materials fee.

Peter Lee, Painting Instructor

Thursday 9:30 A.M.-12:00 Noon

CHINESE BRUSH PAINTING

Chinese brush painting class. Each brush stroke is a defining move that produces a portion of the painting that is neither improved upon nor corrected. Materials fee only.

Ping Wen Chiang, Instructor

Thursday 9:30 A.M.-12:00 Noon

ENGLISH CONVERSATION

Refine your English language skills in conversation with other students. Betty Cheng, Instructor

Thursday 9:15 A.M.-11:30 A.M.

GARDEN GROUP

Learn tips for gardening to make your garden look wonderful. Suzie Juarez, Instructor. (Group meets 4th Monday of the month, 1:00 p.m.)

JEWELRY AND WATCH REPAIR

Repair service provided by Kit Moc, Wednesday, 8:00 A.M. -11:30 A.M. for repair or estimate.

CHINESE FRIENDSHIP CHORUS

Prof. Ping Qiao, Instructor

Wednesday 9:30 A.M. - 12:00 Noon

CHINESE EVERGREEN CHORUS

Delly Chow, Instructor

Wednesday 1:00 P.M. - 3:00 P.M.

CHINESE OPERA

Fuller Chen, Instructor

Monday 9:00 A.M. - 12 Noon

CHINESE OPERA

Friday 9:00 A.M. - 12 Noon

MONTEREY PARK CHORUS

Join us on Monday evenings to sing with friends.

Wei Pu, Conductor

Monday 7:00 P.M.-9:00 P.M.

CONCERT BAND of MONTEREY PARK

Musicians wanted - (brass, woodwinds and drums) and be able to read music, have instrument and music stand.

Monthly fee. Mon 7:30 P.M.-9:30 P.M.

DANCE EVERY TUESDAY, 1:00 P.M.-3:30 P.M.

Live music dance band . . . Performed by Eric and Gary of the Incredible Time Machine. \$2.50 per person.

KARAOKE

Sing your favorite song or belt out your best ballad in this group setting. Betty Cheng, Instructor

Tuesday 9:00 A.M. - 12 Noon

LUNCH PROGRAM - Monday- Friday to those 60 years and over. Reservations must be made in advance on Monday from 8:00 a.m. - 9:30 a.m. for the following week. Suggested donation, \$3.00

NEEDLE CRAFT CLASS

Sew or knit with friends in the warm atmosphere of learning new skills or sharing your designs.

Tuesday 9:00 A.M.-11:30 A.M.

LINE DANCING

Mon & Tues 10:00 A.M. - 11:00 A.M.

Instructors: Mary Chan, Jeannie Chau, Beryl Shieh

LINE DANCING

BEGINNING AND ADVANCED

Friday 8:45 A.M. - 10:30 A.M.

Instructors: Sandra Lin, Beryl Shieh, Jeannie Chau.

BEGINNING CLASS

Friday 9:00 A.M. - 11:00 A.M.

MEMORY MAKERS FITNESS CLASS

Includes Yuan Chi Dance, Line Dance and Tai Chi Exercise. Instructors: Sandra Lin and Rosa Yee

Fee: \$10.00 per quarter

Saturday 9:00 A.M. - 11:00 A.M.

MAH JONG

Come play for fun in the afternoon.

Monday 12:00 P.M. - 4:00 P.M.

Tuesday - Friday. 12:00 P.M. - 4:30 P.M.

YUAN CHI DANCE/TAI CHI EXERCISE

Includes Yuan Chi Dance and Tai Chi Exercise.

Sandra Lin, Alice Tsao, and Rosa Yee, Instructors

Mon - Tues 8:00 A.M. - 10:00 A.M.

Wed - Thurs 8:00 A.M. - 10:30 A.M.

CLASSES, ACTIVITIES and SERVICES

OTHER SERVICES

BLOOD PRESSURE SCREENING -
FRIDAYS, 11:00 A.M.- NOON
NURSE VALENTINA SALINAS

IMPROVING YOUR WELL-BEING - CARE MANAGER
DECEMBER 8 and DECEMBER 22

Second and Fourth Tuesday, except on holidays, Care Manager, will be available from 10:00 A.M. - 12:00 Noon. Provided by YWCA San Gabriel Valley services, include referrals for medical, counseling and mental health; in-home services; transportation; caregiver resources, and nutritional referrals. Please call the YWCA Case Management Program if you require supportive services at 626.214.9467, or schedule an appointment at the Langley Senior Center front desk.

IN-HOME REGISTRY SERVICE - Our registry includes: LVNS for skilled nursing care, Certified Nurse Assistants for personal care needs such as feeding, bedside care, bathing, etc.; Homemakers/companions - for housework, meals, laundry, errands, plumbers, electricians, handymen, gardeners. Payment for the work performed is determined between the worker and you. If you reside in Monterey Park and are 60 or over and need this type of in-home care, please call (626) 307-1395. Applications for work are available.

NOTARY - Virginia Greene, a Notary Public, Wednesdays, 12 noon - 2:00 P.M. Notarizations \$10.00 per signature for Langley Center Seniors; Subscribing witness forms - \$10; Custodial documents forms \$10.

COMPUTER

WIFI Access: Langleysc
Password: leapyear
Come to the front counter for further assistance

IPAD BASICS FOR SENIORS

Dr. Charles Mau, Instructor

IPAD FOR SENIORS \$15.00

NOVEMBER 18 - DECEMBER 9 (4 LESSONS)

1:00 P.M. - 3:00 P.M. Seniors 50 yrs and Up

Classes are conducted in English and can help with Chinese. Come learn PC basics ... how to master the basic and advanced operations of the computer, in a small classroom setting.

WE'RE LOOKING FOR AN INTERNET CAFE VOLUNTEER

The center is looking for a volunteer to monitor the INTERNET CAFE one morning a week ... Wednesdays from 9:00 - 11:30 a.m. Please call the center for additional information at 626.307-1395, if you are computer literate and interested in a new adventure!



TRANSPORTATION

DIAL-A-RIDE

Service available Monday through Friday, 8:30 A.M. - 4:00 P.M., call (626) 307-1396. Free service for seniors 55 years of age and over, transportation within Monterey Park City limits, except for medical needs, and then into adjacent communities only.

MATURE DRIVER'S IMPROVEMENT

NO CLASSES WILL BE HELD IN DECEMBER

Class held from 8:00 A.M. - 4:00 P.M. Seniors completing the 8-hour course will be certified and eligible to get a 5% to 10% reduction on their premiums for bodily injury and property damage liability for up to three years with participating insurance companies. \$1.00 FEE, includes State Certificate of Completion. For information call (626) 307-1395. Each senior must register in person with a valid California Driver's license.

METRO "TAP CARD"

Cards are processed from the 25th of the month through the 10th of next month, Mon. - Fri., 8:30 A.M. - 4:30 P.M. To receive the City's discount, you must be 62 or older and have proof of residency which must include identification with name and address imprinted, such as a Driver's License, DMV ID Card, and a valid "TAP CARD". Senior Citizen/Handicapped MTA bus pass fees are: \$17 for residents and \$20 for non-residents.

TAXI COUPONS - Immediate Needs Transportation Program taxi coupons are issued from 1st Monday of the month, availability on a first come, first served basis - to qualified senior residents, whose household income meets the L. A. County poverty guidelines. (\$11,770 per year for one member, \$15,930 for two, \$20,090 for three or \$24,250 for four, \$28,410 for five). Participants are allowed 2 coupons a month, value of each coupon is \$11. If you qualify, come to the Dial-A-Ride desk to apply.

HOUSING RIGHTS CENTER

TUESDAY, DECEMBER 1st - 1:00 P.M.

Walk-In-Fair Housing Clinic (1st Tuesday of month), Landlord/tenant counseling, discrimination complaint investigation and fair housing without discrimination based on race, color, religion, gender, sexual orientation, national origin, familial status, marital status, disability, ancestry, age, source of income or other characteristics protected by law.

For information, call 1-800-477-5977

Trips & Tours

TOUR DESK IS OPEN FROM 9:00 A.M. – 3:00 P.M. • MONDAY - FRIDAY

ALL TRIP RESERVATIONS MUST BE MADE IN PERSON AT LANGLEY CENTER

Trips and tours are for senior citizens 50 years and older only, no exceptions. Trips are limited and are on a first pay basis. All casino dividends are subject to change. Monterey Park's Recreation and Community Services Department acts only as an agent in putting together day and extended trip packages and does not assume any liability for illness, injury, damages, loss, accident, or delay due to any act or default of any company or person involved in the trip, nor can we be held responsible for changes made by the tour operator or hotels. **CANCELLATIONS:** Notification of cancellations must be made in advance to the Langley Office - Trips and Tours: Day Trips - at least 5 business days; Overnight Trips - at least 14 business days; Extended Excursions: as stipulated for each trip. No refunds will be given once the designated time has past. A refund will only be issued for (1) medical excuse and (2) the trip does not meet the minimum passenger requirements from the waiting list. An original ticket receipt is required to receive a refund less the cancellation fee of \$2.00 for day trips and \$5.00 for overnight trips. For information and reservations contact: Langley Senior Center, 400 W. Emerson Avenue, Monterey Park, CA or call Trips and Tours Travel Coordinator Joyce Knox at (626) 307-1395.

FARMERS MARKET

WEDNESDAY, DECEMBER 9

Finished your holiday shopping?

Come see the Grove and Farmers

Market at 3rd and Fairfax in Los Angeles decorated for the holiday season. Depart at 9:00 a.m. and return at 3:00 p.m. Plenty of shops of festival cheer - multi cultural food choices. Nordstroms, Banana Republic, the Gap, Swarovski crystal, Crate and Barrel, Apple, Pottery Barn Kids, Barnes and Noble, Tommy Bahama, Sur La Table, Sprinkles Cupcakes, the Grove Dog, Magic Nut and Candy Co. Ride the trolley between the Grove and Farmers Market where you are just steps away from its wide range of delights. \$9.00 Per person, Plus \$1.00 DRIVER'S TIP.



SAN MANUEL CASINO

MONDAY, DECEMBER 14

Holiday shopping is done, so now it's time to celebrate with friends at your favorite casino. Gambler's one day get-away- - \$9.00 Per person, Plus \$1.00 DRIVER'S TIP. Must have Player's Card # and original valid State driver's license, or original State Senior ID or valid current government issued photo ID at time of registration. \$10.00 Players choice. Check in 7:45 a.m., Depart 8:30 a.m. - return at approximately 4:00 p.m.

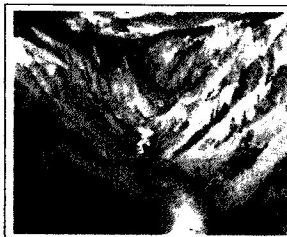


PALA CASINO RESORT AND SPA

THURSDAY, JANUARY 14, 2016

Gambler special get-away-day of gaming fun on the PALA Indian Reservation. Check-in-time 7:45 a.m. depart at 8:30 a.m. and return approximately 5:30 p.m., \$9.00 Per person, Plus \$1.00 Driver's tip; receive \$5.00 for added play at casino. Must have Player's Card # and original valid State driver's license, or original State Senior ID or valid current government issued photo ID at time of registration.

PLAN A WONDERFUL TRIP TO START OFF THE NEW YEAR



MEXICO'S COPPER CANYON

MARCH 5 - MARCH 14

Tour takes you through Tucson, Nogales, Magdalena, Hermosillo, Sea of Cortez, Copper Canyon, and Tombstone. Round trip flight from Ontario Airport to Phoenix, Arizona; 10 day 24 meal air/motor coach tour, with accommodations including Phoenix, San Carlos Bay, Alamos, El Fuerte, Mansion Tarahumara, Hermosillo, Casa Grandes. Excursion on the sea of Cortez, "Train Ride in the Sky" through Mexico's Copper Canyon. English speaking fully guided tour. \$2,169 per person, double occupancy, \$2,629 single occupancy. Booking deposit required of \$300 per person, \$500 due January 2, 2016, balance due February 1, 2016. VALID PASSPORT REQUIRED. (Re-entry VISA if non-U.S. Citizen)



PECHANGA RESORT CASINO

FEBRUARY 25

Gambler's get-away- Delight! - \$9.00 Per person, Plus \$1.00 DRIVER'S TIP. Must have Player's Card # and original valid State driver's license, or original State Senior ID or valid current government issued photo ID at time of registration. Check in 7:45 a.m., Depart 8:30 a.m. - return at approximately 5:00 p.m. Upon arrival receive \$5.00 for added play at Casino.

**THANK YOU TO ALL THE SENIORS THAT
TRAVELED WITH TRIPS AND TOURS AT
LANGLEY SENIOR CENTER !
WE LOOK FORWARD TO SEEING YOU IN
THE NEW YEAR.**

December 2015

YWCA San Gabriel Valley - Langley Sr. Center, Monterey Park

www.ywcasgv.org

400 West Emerson Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Administered by YWCA San Gabriel Valley & the Inland Communities and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.	1 Orange Juice Fish Vera Cruz w/ Sauce Rice Pilaf (Brown/White) Green Beans & Corn Creamy Coleslaw Flour Tortilla w/ Margarine Peach Cobbler w/ Oatmeal Topping wks	2 Creamy Squash Soup Submarine Sandwich (Roast Beef, Turkey, Jack Cheese, 5 Oz), Mayo & Mustard Lettuce, Tomato, Onion Slices Macaroni Salad, Three Bean Salad, Red Gelatin w/ Pears Whole Grain Sandwich Roll w/ Marg., Sliced Cantaloupe	3 Meatloaf w/ LS Brown Gravy, Mashed Potatoes Mixed Vegetables Tossed Salad w/ Red Cabbage & Radishes Ranch Dressing Whole Grain Bread w/ Marg. Orange Sections	4 Lentil Soup Turkey Divan w/ Broccoli Fresh Sweet Potatoes Carrot-Raisin Salad Whole Grain Bread w/ Marg. Fresh Apple
	Soybean Soup, Baked Pork Rib, White & Brown Rice Sautéed Mustard Greens w/ Ginger, Stir-Fried Chinese Vegetables w/ American Cabbage, Bean Thread & Mushrooms, Sliced Pears	Dry Bok Choy Soup Longli Fish w/ Miso Sauce White Rice & Brown Rice Stir-Fried Tomato w/ Egg & Onions Stir-Fried Pumpkin w/ Garlic Sauce, Sliced Cantaloupe	Chicken Corn Soup Sliced Pork w/ Cabbage & Barbecue Tofu White & Brown Rice Steamed Yu Choy, Steamed Broccoli & Cauliflower Pineapple Chunks	Tofu & Seaweed Soup Diced Chicken & Plain Noodles w/ Carrots Stir-Fried Bok Choy Asian Cucumber Fresh Orange
	7 Roast Pork w/ LS Gravy Mashed Potatoes Broccoli & Carrots Marinated Beet & Onion Salad Whole Grain Bread w/ Margarine Sliced Peaches	8 Roast Turkey w/ LS Gravy Fresh Sweet Potatoes Green Peas Garden Salad w/ Red Cabbage & Orange Chunks French Dressing Whole Grain Bread w/ Marg. Fresh Apple	10 Creamy Tomato Soup Teriyaki Chicken Leg & Thigh w/ LS Sauce Broccoli w/ Red Peppers Creamed Spinach Carrot-Raisin Salad Whole Grain Bread w/ Marg. Fresh Banana	11 Pork Camitas w/ LS Sauce, Pico De Gallo Tex-Mex Rice Brown/White Pinto Beans Marinated Tomato, Onion & Green Pepper Salad Corn Tortilla w/ Margarine Sliced Cantaloupe
Spinach Soup Steamed Pork w/ Egg White Rice Stir-Fried Pumpkin w/ Garlic Sauce Steamed Corn & Peas Honeydew or Cantaloupe 6	Miso w/ Tofu Soup BBQ Chicken Leg & Thigh White Rice & Brown Rice Stir-Fried Bean Sprouts w/ Sliced Carrots Stir-Fried Yu Choy Fresh Orange	9 Albondigas Soup Beef Fajitas w/ LS Sauce Salsa Baked Winter Squash Corn Nibbles Citrus Fruit Salad Flour Tortilla w/ Margarine Custard	10 Creamy Tomato Soup Teriyaki Chicken Leg & Thigh w/ LS Sauce Broccoli w/ Red Peppers Creamed Spinach Carrot-Raisin Salad Whole Grain Bread w/ Marg. Fresh Banana	11 Pork Camitas w/ LS Sauce, Pico De Gallo Tex-Mex Rice Brown/White Pinto Beans Marinated Tomato, Onion & Green Pepper Salad Corn Tortilla w/ Margarine Sliced Cantaloupe
14 Roast Beef w/ LS Gravy Parsley Potatoes Mixed Vegetables Creamy Coleslaw (3/4 C) Whole Grain Bread w/ Margarine Fresh Banana	15 Albondigas Soup Chicken Fajitas Pico De Gallo Spanish Rice Brown/White Black Beans Pickled Beets & Onions Flour Tortilla w/ Margarine Citrus Fruit Cup	16 Lentil Soup Salmon w/ Lemon Pepper Sauce, Lemon Slice & Tartar Sauce, Fresh Sweet Potatoes Green Beans & Corn Lettuce & Tomato Salad Ranch Dressing, Whole Grain Bread w/ Marg., Fresh Apple	17 LANGLEY HOLIDAY LUNCH Pre-sale Tickets only	
Pumpkin Soup BBQ Chicken Leg & Thigh White Rice & Brown Rice Stir-Fried Bean Sprouts w/ Dry Bean Cube Stir-Fried Cauliflower & Carrots, Fresh Banana 1	Soybean Soup Longli Fish w/ Black Bean Sauce White Rice Stir-Fried Napa Cabbage Corn & Broccoli Fresh Apple	Vegetable Soup Steamed Pork w/ Egg White Rice & Brown Rice Stir-Fried Pumpkin w/ Garlic Steamed Mixed Vegetables Sliced Honeydew or Cantaloupe	18 Beef Barley Vegetable Soup, Tuna Salad Sandwich w/ Lettuce, Tomato & Mayonnaise, Macaroni Salad Three Bean Salad, Carrot- Broccoli Slaw, Two Slices Whole Grain Bread w/ Marg. Gingered Pears	
21 Rosemary Chicken Leg & Thigh w/ LS Sauce Brown & White Rice Normandy Vegetables Marinated Beet & Onion Salad Whole Grain Bread w/ Margarine Gingered Pears	22 Orange Juice Sweet & Sour Pork Mashed Sweet Potatoes Green Beans w/ Red Peppers Tossed Salad w/ Mushrooms & Radishes French Dressing Whole Grain Bread w/ Marg. Cinnamon Applesauce	23 Navy Bean Soup Hamburger w/ Lettuce, Tomato & Onion Slices Ketchup, Mustard, Mayo Baked Winter Squash Corn Nibbles Carrot-Raisin Salad Whole Grain Hamburger Bun Sliced Cantaloupe	24 CHRISTMAS EVE CENTER CLOSED	
Mushroom & Melon Soup Baked Pork Rib White & Brown Rice Sautéed Mustard Greens w/ Ginger, Stir-Fried Chinese Cabbage w/ Garlic Sauce Pineapple Chunks 2	Bok Choy Soup Kung Pao Chicken White Rice Carrots w/ Seaweed Steamed Yu Choy Fresh Sliced Honeydew or Cantaloupe	Tomato & Egg Soup Tilapia White Rice & Brown Rice Sautéed American Cabbage w/ Ginger Sautéed Green Beans Fresh Banana		
28 Orange Juice Salisbury Steak w/ LS Gravy Mashed Potatoes Green Beans & Carrots Tossed Salad w/ Cucumbers & Radishes, Ranch Dressing Whole Grain Bread w/ Margarine, Fresh Apple	29 Oven Fried Chicken Leg & Thigh w/ LS Gravy Rice Pilaf Corn Nibbles Carrot-Broccoli Slaw Whole Grain Bread w/ Margarine Citrus Fruit Cup	30 Minestrone Soup Stuffed Bell Pepper Fresh Sweet Potatoes Green Peas Marinated Tomato, Onion & Green Pepper Salad Fresh Banana	31 NEW YEAR'S EVE CENTER CLOSED	
Chicken Corn Soup Mackerel White & Brown Rice Stir-Fried Celery & Cauliflower Seaweed Salad Fresh Orange 3	Miso Soup Steamed Pork w/ Egg White Rice, Steamed Carrots & Bok Choy, Seasoned Tofu w/ Mushrooms, Pineapple Chunks	Tofu & Cabbage Soup Chicken w/ Cashews White Rice & Brown Rice Stir-Fried Pumpkin Mustard Greens w/ Ginger Asian Gelatin & Banana		
SUBJECT TO CHANGE WITHOUT NOTICE *** SUGGESTED DONATION \$3.00 *** 1% LOW FAT MILK INCLUDED HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS			Happy New Year	
			YWCA San Gabriel Valley & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447 email: intervale@ywcasgv.org facebook.com/ywcasgv	



DECEMBER 2015

LUNCH at LANGLEY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
豆芽湯
烤排骨

2
菜乾湯
味噌龍利

3
鷄蓉玉米湯
香乾肉絲

4
紫菜豆腐湯
雞肉醬拌麵

7
菠菜湯
肉餅蒸蛋

8
味噌豆腐湯
烤鷄腿

9
玉米湯
秋刀魚

10
番茄花湯
咖喱鷄

11
冬瓜湯
豉汁排骨

14
南瓜湯
烤鷄腿

15
豆芽湯
黑椒龍利

16
蔬菜湯
肉餅蒸蛋

17
LANGLEY HOLIDAY LUNCH
慶祝聖誕
大鷄大餐

18
蛋花湯
燻鷄

21
冬菇扒湯
烤排骨

22
白菜湯
宮保鷄丁

23
番茄花湯
帶刺鱈魚

24
CHRISTMAS HOLIDAY CENTER CLOSED
慶祝聖誕
“中心休假”

28
鷄蓉玉米湯
秋刀魚

29
味噌湯
肉餅蒸蛋

30
白菜豆腐湯
腰果鷄丁

31
NEW YEAR'S HOLIDAY CENTER CLOSED
慶祝元旦
“中心休假”